

Gut Health – Kelda White

www.keldawhite.co.uk

**If anyone wishes to buy probiotics/supplements, Cytoplan (online) sells good quality products.
The discount code WK0006-10 gives you 10% off.**

**If you would like advice on what might be helpful, please contact me:
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Week 6 – using herbs, homeopathy and food to support good gut health

- Homeopathic remedies
- Digestive bitters
- Plants to manage gut issues.

Bowel clearance

- Nux Vom 12c night, Sulphur 12c morning daily for a month at least
- Nux works on digestive issues particularly caused by overload (rich food, sedentary living, caffeine, alcohol, any drugs, tobacco, also mental overload).
 - Congestion/constipation.
 - Irritability.
 - Supports bowel and liver.
- Sulphur: anti-psoric. Refers to a predisposition to inactivity or ineffective body functions.
 - Poor assimilation, digestion slow: belching, acidity.
 - Helps clear things out.

Bowel nosodes:

- Proteus:
 - Digestive allergies.
 - Overwhelmed by stress. Anxiety, restlessness, depression. Temper tantrums.
 - Ulcers (stress eating away at insides), acidity, heartburn, diarrhoea, spasmodic colon infections.
 - Digestive migraine.
- Morgan Bacillus:
 - Congestion and liver with dirty mouth, indigestion and bilious vomiting.
 - Liver and gallbladder affinity.
 - Skin ailments with heat and itching.
 - Tense and active with fear that something bad will happen.
 - Constipation or loose and urgent in the morning.
- Morgan Gaertner:
 - Slow digestion, diverticulitis, flatulence, feeling of fullness.
 - Impatient, tense and irritable.
- Dysentery Bacillus:
 - Diarrhoea several times a day, distension, flatus. Pain on eating, chronic indigestion with acidity.
 - Anxious, easily flustered, sensitive, anticipating difficulties.
 - Mental strain reacts on stomach.
- Sycotic Co (non-lactose fermenting cocci)
 - Allergies (particularly sensitive to dairy although desires it.
 - Irritation of whole digestive tract. Catarrh.
 - Burning, distension, diarrhoea after fat food, constipation or diarrhoea.
 - Nervous, tense, cross, irritable, restless.
- Bottlebrush
 - Australian bush flower essence
 - Cleansing internally and also for shifting things which are holding us back in life.

Bitters

- Been used 1000s of years. Work on the reptilian part of our brain. Basal ganglia and brainstem: involved in primitive drives related to thirst, hunger, sexuality, habits and procedural memory (riding a bike, locking the door behind you without thinking).
- Bitter taste receptors used to be more prevalent but increase in carbs and sugars change balance in mouth. Come back after consuming bitters.

Increase enzyme production, regulates stomach acid, bile, intrinsic factor (iron and B12 absorption). When bile increases, waste products eliminated faster and poo gets darker.

- Increase appetite, saliva production, gut peristalsis and stomach tone. Ensures stomach empties quickly.
- Stimulates new pancreatic and duodenal growth.
- Helps with flatulence, IBS, bloating.
- Not for use with ulcers or ulcerative colitis (increases contractions and stomach acid).
- Tones vagus nerve.
- Watercress, rocket, some brassicas (kale - sprouts less bitter now), dandelions, hard green olives, chicory/endive. French tradition of salad before.
- Wormwood (absinthe), dandelion root in tincture, gentian, angelica, burdock. Swedish bitters.

Plants:

Liver

- Milk Thistle
- Artichoke
- Dandelion
- Liquorish
- Turmeric
- Ginger, garlic.
- Folate improves lipid metabolism and reduces inflammation in the liver.
- Raisin, coriander and fennel infusion (1 tblsp of each in a pint of water, boiled and infused overnight)

Stomach

- Pineapple:
 - Bromelain enzyme digests proteins.
 - Fibre and vitamins.
- Papaya
 - Digestive enzyme papain acts on protein.
 - Also fibre, antioxidants.
 - Carpain in seeds kills parasites.
- Peppermint
 - Relaxes digestive system and reduces pain
 - Relieves gas and bloating.
 - Other relaxing and cooling herbs include fennel leaves, chamomile, angelica.
- Rose
 - Astringent (tannins).
 - Reduces diarrhoea, mucus conditions, leaky gut.
- Caraway
 - Stomach ulcers
 - Antispasmodic: reduces cramping and bloating.
- Fennel
 - Stops cramping by relaxing digestive tract. IBS.
 - Relieves gas and indigestion.
- Cardamon
 - Relieves discomfort, nausea, bloating.
 - Effect on stomach ulcers.
- Coriander (cooling in Ayurveda)
 - Relieves gas and indigestion.
 - Calms muscle spasms.
 - Reduces inflammation.
 - Increases digestion and absorption
- Cumin (heating in Ayurveda – also ginger, black pepper, chilli – caution ulcers)
 - Stimulates digestion and elimination
 - Detoxifying action
 - Antioxidants and iron.
 - Soothing to mucus membranes.
- Black pepper:
 - Piperine increases nutrient absorption.

- Stimulates hydrochloric acid, can be soothing.
- Turmeric
 - Antioxidant and anti-inflammatory
 - Helps heal gut permeability and reduces inflammation
 - Using with pepper and fat increases effectivity.
- Ginger
 - Reduce bloating, indigestion (speeds up digestion by boosting secretions).
 - Reduces cramps.
- Chia and flax:
 - Mucilage and omega 3 and fibre.
- Slippery Elm:
 - Mucilage
 - Soothing and healing for inflammatory bowel disorders.
- Aloe Vera
 - Improves bowel regularity (can be too laxative).
 - Inhibits unwanted bacteria.
 - Anti-inflammatory. Eases bloating and pain (IBS, ulcerative colitis).
- Psyllium
 - Retains water and increases bulk of stool.
 - Fosters growth of good bowel bacteria.

Magnesium eases spasmodic pain (muscle relaxant)

Infestations

- Clove
- Wormwood
- Black walnut
- Goldenseal.

Fermented food: bringing the wildness without, within.

- Kefir: Cacao herders. cultured enzyme rich food with huge range of good bacteria. Source of complete protein, essential minerals, B vitamins. Most lactose used by bacteria so even lactose intolerant people can usually have it. Can make it with other things. People with candida lack milk-digesting bacteria so may have to build up tolerance. Take on an empty stomach.
- Saurkraut: 1lb cabbage to ½ tblsp salt. Lactobacillus bacteria ferment cabbage (present there naturally). Salt inhibits other bacteria until lactobacillus gets going. Sourness preserves and is probiotic.
- Also kimchi, Indian water pickles, naturally fermented gherkins.
- Miso: beans fermented with *Aspergillus oryzae* (koji – also used in traditional soy sauce). High salt but does not have same effect on blood pressure (to do with peptides). Predigested by organisms, high in antioxidants, and replenishes gut bacteria.
- Kombucha: scobi is symbiotic colony of bacteria and yeasts which live on tea and sugar. Ferment to produce: cancer fighting glucaric acid, antioxidants (immune system), B vits, enzymes which help digestion, probiotics, energising (high in iron, produced during process), detoxifying (can protect liver cells from damage), immune boosting, weight loss (acetic acid like cider vinegar), heals gut and candida problems.
- Tempeh: fermented cooked soybeans (*Rhizopus* mould) from Indonesia. Contains antibiotic agents and enzymes which aid digestion.
- Cider vinegar with the mother.